

RSL WODEN VALLEY SUB-BRANCH ENEWS



May/June 2023



PRESIDENT'S MESSAGE

Dear Members,

Welcome to what is our first bimonthly newsletter, I apologise for missing last month's edition, but we had too much going on. We did, however, hold two OGMs and issued several Items of Interest.

On 26 May, the ACT Branch held its AGM at which John King was re-elected ACT Branch President, and a new Executive was appointed, albeit with several vacancies. Having offered my services as an alternative President, I was soundly defeated in the election. On behalf of our Sub-Branch, I congratulated John offered my best wishes to him and his team for the coming year.

At the Sub-Branch AGM on 30 May, members elected a new Board and amended our Constitution to remove the limitations on the tenure of office for the Executive, and removed the requirement for an independent audit of our financials. Following an enthusiastic discussion about the first motion, members passed it readily. In essence, the change will provide continuity at a time when the Board continues to plan for the sustainment of the Sub-Branch and the capabilities it provides to our members and to others in the broader Veteran Community. The latter motion reflects changes to the governance and compliance requirements for our Sub-Branch and will provide more flexibility in the way subsequent Boards apply due diligence and meet their fiduciary duties.

At the OGM that followed the Sub-Branch AGM, I assured members that the Board would develop and implement succession plans that would be aimed at assuring the sustainment of the Sub-Branch. These would include a review of our current organisation, our governance and management processes and our capabilities. Critical to all of the desired outcomes will be the reinforcement of our volunteer workforce and the securing of financial support that will cover our overheads, including the availability of the paid staff who are critical to our current success. These issues were discussed in more detail at the June Board meeting and were passed on to members at the OGM on 27 Jun. As this will be a deliberate plan that will optimise our chances of securing a future that reflects the needs of our more than 500 members and others for whom we offer our advice and support, it is important that we hasten slowly but with determination.

This newsletter contains several media releases from the National President, Open Arms and the ATO. Of particular interest, however, is the flyer from Dave Sabben, who, as the Platoon Commander of 12 Platoon, D Company, 6 RAR, was directly involved in the Battle of Long Tan. We have invited Dave to an afternoon tea in The Corey Room on Thu, 17 Aug. While we are yet to confirm details of this event, it will provide an opportunity for Dave to meet members and guests, and to speak about his book, his experience on that fateful night and his experience as a platoon commander on operations in Vietnam. Although it is not noted in the newsletter, we are also hosting members of the 1st Australian Field Hospital Association as they hold their AGM on the morning of 17 August.

I also draw your attention to the article about The Flowers of Peace and their request for support. Having attended the last two productions of this extraordinary team, and seen and felt the power of their messages, I find it rather sad they are struggling to attract financial support that would assure their future.

In closing, I thank all members for their continued support of our Sub-Branch and its Board. I also thank all of the staff and volunteers who continue to provide the support that is essential to the Veteran Community in the ACT and region. I also ask all of you to consider what you might be able to do to gather some new helpers or others who might just attend our many events and activities. We have plenty of options to keep people entertained and to provide them with a renewed sense of purpose no matter how small any individual contribution might be, as they all add up.

Kind regards to all, stay warm and, as Jack Aaron would say, 'Be kind to each other and to yourselves',

Jim Gilchrist
President

RSL WV Sub-Branch Ordinary General Meeting on Tuesday 27 June 2023.



Intimate, raw in places, sometimes shocking, always authentic. To those who would aspire to lead that part of the Nation's treasure, our men and women in military uniform, read this book.

Peter Cosgrove, Infantry Platoon Commander, Vietnam - 1965/70

A most accurate and enduring example of Australian Infantry operations at platoon level; comparable in quality and impact to the classic *All Quiet on the Western Front*.

LTCOL Russell Linwood, ASM - Bibliographer Royal Australian Regiment Association

Dave's book is well worth reading and young officers would be well advised to get a copy and understand what makes a good platoon, commanded by a very good platoon commander.

Harry Smith SO MC

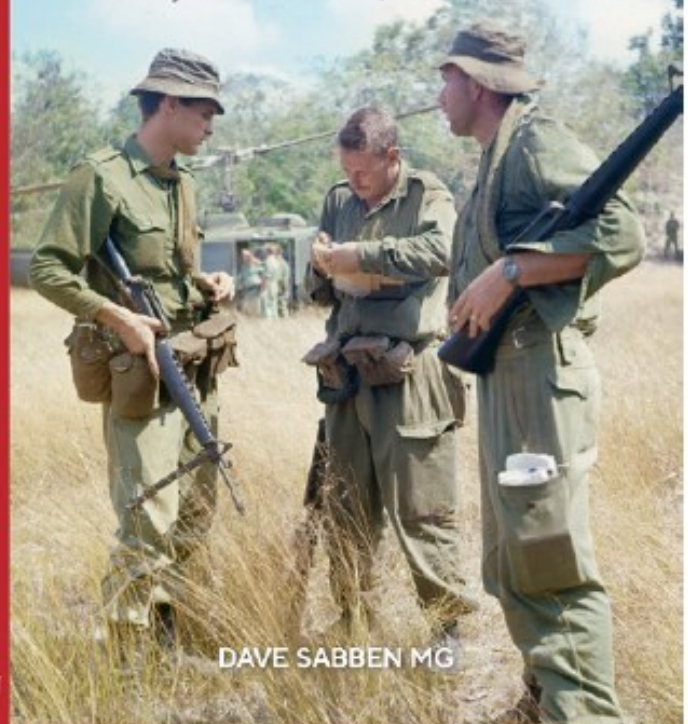


MENTIONS IN DESPACHES

DAVE SABBen MG

MENTIONS IN DESPACHES

An Infantry Platoon in Viet Nam, June 1966 - June 1967



DAVE SABBen MG

VIET NAM

We know about the politics that got us into and out of the 'war'. We know about the big battles: Long Tan, Coral, Balmoral, Binh Ba... We know about the social issues: conscription, drugs, moralities, the uneasy return home... And we know about the legacy: the trauma, the PTSD, the divorces, the suicides...

But do we know what actually happened there? Do we know exactly what our soldiers did, day-by-day, week-by-week? Do we understand what they experienced? What they did? What they thought about what they did?

This book will take you into an average Infantry Platoon for a 12-month "Tour of Duty" in the year the Task Force base was set up.

It will take you from the early days - June 1966 - when a bare rubber plantation was occupied in the middle of an enemy controlled province, and a new operational base established.

Hundreds of soldiers endured getting six two-hour sleeps every three days for weeks on end. In between those sleeps, they patrolled with heavy kit in dust-dry or monsoon-wet (but always-dangerous) conditions to clear the enemy from their own bases. And when not on patrol, they were digging pits, trenches, command posts and latrines. When not on patrol or digging, they were clearing the undergrowth and erecting barbed wire fences.

And when they did sleep, it was on groundsheet under plastic "hoochies" without lights and always with a weapon within reach. Showers were rare but mildew was everywhere. Food was mostly out of ration cans; feet were rarely out of boots.

It was only later, when the base was a little more secure, that tents and stretcher beds became available. Then the pace did slacken, but only slightly. One- and two-day patrols gave way to one- and two-week operations, as they cleared further out from the Nui Dat base.

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dave@sabbenmidbook.com

Once your order is received, we will contact you before posting to ask how you would like the book(s) endorsed by the author. In this case, your phone or email contact details will be required.



DAVE SABBen MG

David Sabben was born in Suva, Fiji in 1945 but moved to Australia in 1958 to attend High School in Sydney, where he boarded through to Leaving Certificate in 1962.

At 20 in 1965, Dave volunteered for the first intake of Australia's National Service scheme. He applied for officer training and completed the first course of the Schevill National Service Officer Training Unit (TSOU).

In January 1966 Dave was posted to 6RAR in Brisbane and appointed commander of 12 Platoon. 6RAR was sent to Viet Nam in June 1966. Dave served the full 12 month tour and was a platoon commander at the Battle of Long Tan for which he was recommended for a Military Cross (MC) but that award was downgraded to an MID. In 2008, the award was upgraded to a Medal for Gallantry (MG).

After returning to Australia in 1967, Dave was discharged from his National Service obligation but served a further four years with the CME, attaining Captain rank. He resumed his civilian career first in Sydney and then Melbourne, finally working as a Project Manager in the computer (IT) industry.

Dave retired in December 2004 and has spent his retirement mostly writing. He lives on the Mornington Peninsula in Victoria with his Melbourne born wife, Di.

The Flowers of Peace Latest News

June 2023

Peacekeeping Symphony update and request for help please

Dear Friends

We are writing to ask for your support and assistance to realise the next concert – the *Peacekeeping Symphony* planned to be premiered on National Peacekeepers Day - Thursday, 14 September 2023 - at Llewellyn Hall, Canberra.



We received some unfortunate news of late regarding our two major government grant sources who have supported us in the past, but not on this occasion. This has left a large hole in our budget and we are uncertain whether we can still produce a concert telling the story of our nation's peacekeeping efforts over the past 75 years.

We have faith that if we can raise funds from other sources in a very short period of time, that we will still be able to forge ahead. We are writing to you in the hope that you share our conviction that we should be seeking peace over war. Each of the major works we have produced ends with music of reconciliation and peace, so as to lighten their load of those burdened with trauma, and their families. All these works are intended to help those harmed to heal. Those who witnessed the recent *Vietnam* and *POW Requiems* will remember them as memorable and moving occasions.

Through music, text and images, the *Peacekeeping Symphony* will recognise the rich and diverse contributions of Australian peacekeepers as far afield as Indonesia, Kashmir, the Middle East, Cyprus, Zimbabwe, Namibia, Cambodia, Somalia, Rwanda, Bougainville, East Timor, Solomon Islands, and elsewhere. This concert created over the last year, consists of 24 works in total, and includes a large component of 'world' music. The first half consists of the *Peacekeeping Songbook* and the second half, the *Peacekeeping Symphony*, written by our finest composers for our leading soloists.



Our concern is that all the commissioned music which has already been written will not have an opportunity to be performed if this concert does not go ahead.

We have launched a [tax deductible donation drive](#) (via the Australian Cultural Fund) that will help to perform this concert and enable it to be recorded. We have set a modest target, but need ten times this amount realistically which we are seeking from philanthropic sources. Sadly, there is no other way of raising this shortfall.

Any gifts large or small are greatly appreciated.

Thank you so very much for your generous consideration of this request.

Chris, Jo and the Flowers of Peace team

[Learn more or donate now](#)

[Artist Project: 'Peacekeeping Symphony' \(australianculturalfund.org.au\)](http://australianculturalfund.org.au)

ACT Budget information for Veterans

The ACT Government has provided the following information for you.

“The 2023-2024 ACT Government Budget was handed down last night. Full details of the Budget are available here [Home - Budget 2023-24 \(act.gov.au\)](#) and a spotlight on Veterans is available through the social inclusion statement here [Social Inclusion Budget Statement \(act.gov.au\)](#)

The following key areas of focus for the Budget will have important impacts for Veterans and their families:

Cost of Living

The ACT Government is delivering a number of new and expanded measures to provide further cost of living relief to Canberrans. Full details on the cost of living initiatives are here [Cost of Living Budget Statement \(act.gov.au\)](#)

Housing

The ACT Government has an ambitious housing agenda and is investing an additional \$345 million to continue delivering a comprehensive package of housing measures. Full details on the housing package are here [Budget-2023-24-Housing.pdf \(act.gov.au\)](#)

Health, including mental health

The ACT Government will continue to invest in delivering more health services for Canberrans with a \$540 million healthcare package, which includes \$30 million to expand mental health services. Details on the health package can be found in the [ACT Budget at a Glance 2023–24](#)

Education

The 2023-24 Budget delivers the biggest ever investment in early childhood education and \$52 million in additional funding for skills and training. From 2024, all Canberra families will be able to access one day a week of three-year-old preschool. Details on the education package can be found in the [ACT Budget at a Glance 2023–24](#)

Veterans portfolio initiatives

While many of the above packages will have the benefit of supporting ACT Veterans and their families, we are pleased to let you know of the following standalone, dedicated initiatives through the Veterans portfolio. Information on these initiatives is included in the [Social Inclusion Budget Statement \(act.gov.au\)](#) and can be cross-referenced with the [2023-24 Australian Capital Territory Budget Outlook \(act.gov.au\) \(p128\) Budget-Statements-G.pdf \(act.gov.au\) \(p22\).](#)”



22 May

FEDERAL BUDGET PROVIDES JOY FOR VETERAN COMMUNITY BUT MORE REMAINS TO BE DONE

By [GREG MELICK](#)

The Federal Budget, handed down by Treasurer Dr Jim Chalmers MP on May 9 contained a number of important support measures for Australia's veterans and their families, but much still remains to be done to improve the lives of those who have served our nation.

The Returned & Services League of Australia (RSL) made a detailed [pre-budget submission](#) to the Government which included calls for funding to implement the recommendations of the Royal Commission into Defence and Veteran Suicide, the strengthening of the advocacy system to better enable veterans to navigate the Department of Veterans' Affairs (DVA) claims process, and for a review and uplift of DVA remuneration for healthcare providers.

In response, the Treasurer announced a commitment of some \$328 million for DVA to support veterans and their families in 2023-24. While the sought-after funding for the implementation of all recommendations of the Royal Commission into Defence and Veteran Suicide is primarily focused on action to reduce the DVA claims backlog, the apparent move to more demand-driven funding is welcomed. The latest allocation to reduce DVA claims builds on more generous funding announced in the October 2022 Budget, as does the funding to support the harmonisation of veterans' entitlements legislation.

Although not included in this Budget, the Royal Commission announced on 8 May that a separate process is being undertaken with Treasury to explore funding for implementation of its recommendations. The Royal Commission has signalled that this will likely include consultation about the scope and functions of an implementation body. This is a significant and positive step forward in the Royal Commission process and the RSL stands ready to engage and help others take part in the consultation once formally open.

With the public-facing work of the Royal Commission ending later this year there are opportunities for the RSL and the ex-service organisation community to shape the final report and recommendations. Our continued advocacy for the Government to implement all recommendations will be sustained. The RSL has long called for the forthcoming consultation on the implementation body, with the establishment of an independent body led by a National Commissioner for Defence and Veteran Wellbeing the focus of our advocacy on this issue.

Given the Treasurer's pre-budget commentary and the Government's response to the recent Defence Strategic Review, it is not surprising that the Budget did not include any other headline items specific to veterans and their families.

However, initiatives to provide cost-of-living relief and strengthen Medicare are provisions will benefit veterans and their families. These measures, from the enhancement of Medicare to subsidising energy bills and increasing rent assistance will support vulnerable Australians across the country, including many in the veteran community.

The RSL welcomes the investment to strengthen Medicare and increase access to primary healthcare and hopes that this will increase access for veterans seeking appointments with GPs. The Budget included \$3.5 billion over five years to help stop the decline in bulk billing. This is intended to triple the Medicare bulkbilling incentive for most common consultations with children under the age of 16, pensioners and other concession card holders to increase their access to primary healthcare. It also includes \$33.3 million for DVA over four years towards the Supporting Bulk Billing in General Practice Veterans' Access Payment (VAP). This measure triples the current bulk billing incentive and the corresponding Veterans' Access Payment for certain GP attendances, from November 1, 2023. The increased VAP payment will also apply for some tele-health services, for veterans registered with MyMedicare. For Veteran Card holders, this means that the amount paid to their GP for some of the most common attendances will rise.

To put the need for increased support for veterans and their families into context, data from the 2021 Census identified that 581,000 people living in Australia has served or were currently serving in the Australian Defence Force (ADF). One in 20 Australian households include at least one person who has served or is currently serving in the Australian Defence Force.

The RSL will continue to advocate for measures not included in the Budget including the extension of non-liability health care to all reservists, the harmonisation of funeral benefits for veterans, funding to enhance our Advocacy Training and Development Program and further initiatives to reduce administration for healthcare providers treating veterans.

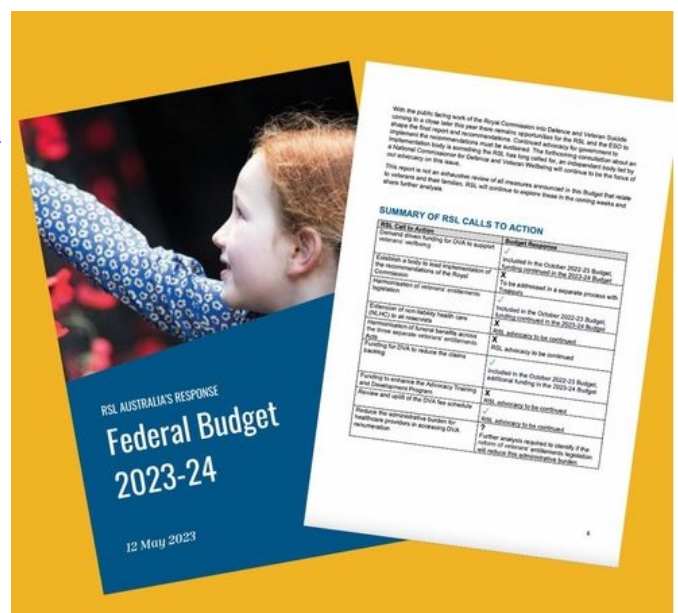
The RSL has developed a [summary of the Budget measures relating to veterans](#) including how the budget accounts for implementing the recommendations of the Royal Commission into Defence and Veteran Suicide.

The report's final page summarises what RSL has been lobbying for vs the budget response.

We will continue to work tirelessly with the Federal Government to ensure our members are supported by practical services and demand-driven programs and funding.

READ THE REPORT

[RSL+REPORT+-+Federal+Budget+2023-24.pdf](#)
([squarespace.com](#))





28 Jun

WESTERN AUSTRALIAN KOREAN WAR VETERANS TO BE HONOURED AT KINGS PARK MEMORIAL

MEDIA RELEASE

Issued by: [RSL WA](#)

Written by: Emma Kirk

Veterans who were born or enlisted in WA and served in the Korean War will be honoured at a new memorial in Kings Park where their names will forever be etched in bronze.

A ceremony will take place on July 27, 2023 to unveil the Perth Korean War Memorial which marks the 70th anniversary of the signing of the Armistice of the Korean War.

There were 1,916 Western Australians veterans who served in the War between 1950 and 1953 or with the United Nations peacekeeping mission in the years following until 1956. Sadly, 34 of those men lost their lives during the War and now only 88 remain, all aged in their 90's.

Perth Korean War Memorial secretary Peter Heeney said it would be a very emotional day for the veterans and their families.

"I had a call from a veteran who could not thank us enough for getting this memorial," he said.

"They are so proud and so excited, some of them cry when they ring and their families are the same. It is so emotional and we wanted the memorial to be emotional too."

The project to erect the memorial began in 2018, when members of the Perth-Korean community approached the Royal Australian Regiment.

Mr Heeney said there wasn't a memorial site in WA and the Korean community were calling out for one.

"I was invited by the Korean community to attend the opening of a Korean War Memorial in Melbourne, where the Ambassador to Korea tapped me on the shoulder," he said.

They planned to have a Perth memorial opened in time for the 70th Armistice, which received huge support here in Australia and in South Korea. The memorial received funding from not only the Australian and State Governments but also the South Korean Government and the County of Kapyong, which donated the centrepiece.

"The Kapyong rock weighs five-tonnes and the top of it looks like the Kapyong Mountains," Mr Heeney said. "The rock comes from the battlegrounds of the Battle of Kapyong, it is quite significant."

They are so appreciative of Australians who fought in the Korean War, there are about 20 dignitaries coming out from Korea to the unveiling.

"They reckon the Australians saved them and that the Battle of Kapyong saved Seoul from being invaded. "The Republic of Korea believe that the Australians saved them from communist rule."

Paving at the memorial site has been shaped in the Rose of Sharon, which is the national flower of South Korea. The public are welcome to attend the unveiling which will take place from 10.45am on Korean Veterans Day in the POW precinct of Kings Park (off May Drive).



RSL
Australia

VIETNAM VETERANS' DAY

18 August

Between 1962 – 1973 almost 60,000 Australians, including ground troops and air force and navy personnel, served in Vietnam. During this time 523 lost their lives, and over 3,000 were wounded in a bid to halt the spread of the North's Communist regime into South Vietnam. This toll doesn't account for the enormous psychological scars which burdened many who returned to an unsympathetic and, at times, hostile environment.

In 1987, well over 10 years after troops returned, Vietnam veterans received a 'welcome home' parade to honour their service and sacrifices that had not been well recognised in the 70s. Over 22,000 veterans marched through Sydney, attracting crowds of over 100,000 supporters. Unlike our WWII veterans, many of our Vietnam veterans remain with us today. We reflect on our decade-long involvement in Vietnam War and the immense commitment to duty made by our Australian veterans.

This year, a commemorative program of events marking the 50th anniversary will be held across Australia

NATIONAL COMMEMORATIVE SERVICE **Friday 18 August 2023**



The service will be broadcast nationally by the ABC and streamed online.

A national commemorative service to honour and remember the service of our Vietnam Veterans will take place in Canberra on Vietnam Veterans' Day, Friday 18 August 2023, at the Australian Vietnam Forces National Memorial on Anzac Parade in Canberra.

Only 6,000 seats are available for this service. All attendees planning to attend the service are required to register for an attendance pass to access the commemorative site.

Attendees are encouraged to plan their journey and arrival times carefully and use public transport where possible as car parking is extremely limited. Free shuttles to the service will be provided from the Canberra CBD going directly to Anzac Parade. Accessible seating and support are provided to those who have indicated a need for accessible assistance when registering for an attendance pass.

You are requested to arrive prior to 10:00am; the site will be open from 9:00am. The pre-service program commences at 10:00am with the official commemorative service commencing at 10:30am.

REGISTER TO ATTEND

More information: [National Commemorative Service | Department of Veterans' Affairs \(dva.gov.au\)](#)

VIETNAM WAR COMMEMORATIVE MEDALLION AND CERTIFICATE

To acknowledge the 50th anniversary of the end of Australia's involvement in the Vietnam War, the [Department of Veterans' Affairs](#) will produce a Commemorative Medallion and Certificate of Commemoration.

While Australia can never repay the debt we owe to the 60,000 who served in Vietnam, the medallion and certificate are a small but meaningful way to honour their service and to recognise the sacrifice of those who never returned home.

The medallion and certificate will be made available to every living veteran, widows of veterans and other family members of veterans of the Vietnam War.

The medallion is free of charge for any veteran who served in the Vietnam War.

Applications are made online at dva.gov.au/vietnam50 Please note that you will need to know your service number, or the service number of the veteran you are applying on behalf of, in order to apply.

If you require support to apply, please phone 1800 VETERAN (1800 838 372) between 9am and 5pm AEST Monday to Friday, and say the word 'medallions' when prompted. You can also email commemorations@dva.gov.au

MEDALLION APPLICATION

[DVA | Order Commemorative Medallion and Certificate of Commemoration \(nationalmailing.com.au\)](#)



VIETNAM VETERANS VIGIL Thursday 3 August 2023

This year also marks 60 years since the arrival of the Australian Army Training team in South Vietnam on 3 August, 1962.

The Vietnam Veterans' Vigil to be held on 3 August aims to have services of remembrance conducted at the grave or commemorative plaque site of every Australian killed in the Vietnam conflict.

The Vigil will provide people with the opportunity to participate in paying respects to those who were killed in action during the conflict and particularly for veterans and families who cannot make it to Canberra for the National Commemorative Service on August 18.

Vigils are being planned in every State and Territory and overseas where veterans are buried.

Vietnam Veterans' Vigil is seeking volunteers to assist in coordinating each commemorative service.



Military super – a new tax offset

Good afternoon,

I wrote to you in February with information about the *Douglas* decision. I'm reaching out again with an update about the new tax offset that is now available for veterans who are paying more tax because of the decision.

The *Veteran's superannuation (invalidity pension) tax offset* (VSTO) ensures veterans and their beneficiaries do not pay more tax because of the *Douglas* decision.

Below is an article about the VSTO you can share with your networks and include in your communication channels.

I would really appreciate it if you could spare the time to let me know if and how you used the information provided, or if you have any feedback.

Kind regards,

Simeon

New tax offset for some veterans affected by the *Douglas* decision

Veterans who are entitled to the new *Veterans' superannuation (invalidity pension) tax offset* (VSTO) will have their affected tax return/s amended by the ATO and be issued an amended notice of assessment.

The ATO advises that veterans do not need to do anything different. Include your military invalidity pension payment amounts in your tax return at question 8 'Australian superannuation lump sum payments', and they will do the rest.

The *Veterans' superannuation (invalidity pension) tax offset* (VSTO) removes the additional tax some veterans would pay because of the *Douglas* decision. The *Douglas* decision covers invalidity pensions paid to veterans under the MSBS (Military Super Benefit Scheme) or DFRDB (Defence Force Retirement and Death Benefits) scheme that commenced on or after 20 September 2007.

The ATO is sending letters to veterans who are entitled to a VSTO amount greater than \$0 and have lodged their 2020–21 and/or 2021–22 income year tax returns. They are advising that they are amending their tax returns to apply the new tax offset.

When you lodge tax returns in the future, the ATO will treat your invalidity pension as a super lump sum. If you are entitled to a VSTO amount, the ATO will calculate it for you and apply it to your tax return.

The ATO says it is committed to amending prior year tax returns as quickly as possible.

You can get the latest information about the *Douglas* decision and the VSTO on the ATO's website at [Military invalidity pensions – Douglas decision | Australian Taxation Office \(ato.gov.au\)](https://www.ato.gov.au/military-invalidity-pensions-douglas-decision)

Simeon
Public Relations
Australian Taxation Office

Australian Commando Association of the Australian Capital Territory 2023 Black-Tie Fundraising dinner.

The Australian Commando Association of the Australian Capital Territory is proud to announce the public sale of tickets to our 2023 Black-Tie Fundraising dinner.

We welcome you to have dinner with us at the Australian War Memorial Aircraft Hall on Friday the 21st July from 6:30pm.

It will be hosted by Penelope Twemlow with keynote speaker Brigadier (rtd) Ian Langford PhD, DSC and Bars.

We are honoured to have joining us: Matt Anderson Director War Memorial, Doug Baird OAM, Major General (Ret'd) Marcus Thompson, Brigadier Nathan Juchniewicz DSC & Bar, CSC, Brigadier Hugh Meggitt CSC, Brigadier Craig Shortt, Brigadier (Ret'd) Mark Smethurst DSC, AM, Gavin Pearce MP, Keith Wolahan MP, Emma Davidson MLA, Jeremy Hanson CSC MLA, Professor John Blaxland, First Assistant Secretary Gavin Rawlins

This event is designed to showcase the history and future of Special Operation Forces, including highlighting veteran achievements in the community.

The Black-Tie Dinner will seat 180 people and feature a silent and live auction to raise money for the Australian Commando Association of the ACT. Our 2022 Black-Tie dinner helped establish the Association and enabled it to operate independently. The 2023 event will focus on generating funds to support veterans and their families through four tranches: Emergency care, Welfare, Social outcomes and Training support.

We are more than grateful to Securus, Raytheon, Systematic, Rohde & Schwarz, Crown Management Consultants and MF & Associates for the sponsors who have come on board to support this years dinner.

The Association sees itself as a conduit through which veterans and their families can reach out and receive support directly or be referred to a best practice provider.

As Canberra is the focal point for Defence, industry and the National Intelligence Community, the ACA-ACT is uniquely positioned to bring together these elements for the benefit of veterans of the Commando community.

We would love to have you to join us on this great occasion. Please distribute widely.

Book here:

[Australian Commando Association-ACT 2023 Black Tie Dinner Tickets, Australian War Memorial, Campbell | TryBooking Australia](#)



Pacific Airshow Gold Coast Cleared for Takeoff!

For all our avid Airshow enthusiasts, please find below details of the upcoming Pacific Airshow to be held on the Gold Coast 18-20 August 2023. For our American friends or anyone wanting to travel Huntington Beach, California their Airshow will be held on 29 September – 1 October 2023.

EXPERIENCE EVERY HEART-PUMPING MOMENT OF ADRENALIN AS PACIFIC AIRSHOW BRINGS ITS AWARD-WINNING HUNTINGTON BEACH EVENT TO THE PRISTINE SHORES OF SURFERS PARADISE.

- BE INSPIRED BY WORLD CLASS PERFORMERS
- BE LEFT GASPING BY JAW-DROPPING STUNTS
- HEAR COMMENTARY FROM THE BEST IN THE GAME
- EXPERIENCE ON-GROUND ACTIVATIONS AND MORE!

DON'T JUST WISH YOU WERE THERE. BE THERE.

PA

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GROUP PROGRAM SCHEDULE

JULY – DECEMBER 2023

ACT/SNSW

RECOVERY FROM TRAUMA

CANBERRA

Thursday 20th & Friday 21st July |

9:30am – 4:30pm

2 days

MENTAL HEALTH FIRST AID (MHFA)

CANBERRA

Wednesday 26th & Thursday 27th July |

9am – 4:30pm

2 days

BUILDING BETTER RELATIONSHIPS

CANBERRA

Tuesday 1st & Wednesday 2nd August |

9:30am – 4:30pm

2 days

TUNING INTO TEENS (HYBRID)

CANBERRA & ONLINE

Wednesday 9th August (F2F) | 9:30am – 1pm

Friday 11th August (F2F) | 9:30am – 1pm

Wednesday 16th August (ONLINE) | 9:30am – 11am

Wednesday 23rd August (ONLINE) | 9:30am – 11am

Wednesday 30th August (ONLINE) | 9:30am – 11am

5 days

APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)

CANBERRA

Wednesday 16th & Thursday 17th August |

9:30am – 4:30pm

2 days

MENTAL HEALTH FIRST AID (MHFA)

WAGGA WAGGA

Thursday 24th & Friday 25th August |

9 am – 4:30pm

2 days

STEPPING OUT

CANBERRA

Tuesday 5th & Wednesday 6th September |

9:30am – 4:30pm

2 days

UNDERSTANDING ANXIETY

WAGGA WAGGA

Tuesday 12th & Wednesday 13th September | 9:30am – 4:30pm

2 days

STRESS AND RELAXATION

CANBERRA

Friday 15th September | 9:30am – 4:30pm

1 day

In addition to the above face-to-face groups, Open Arms also provides a range of educational online training and workshops. These groups are scheduled on demand. To register your interest and for the most up to date information visit: <https://www.openarms.gov.au/get-support/treatment-programs-and-workshops>

OPEN
Veterans & Families
Counselling
ARMS

1800 011 046
OpenArms.gov.au



GROUP PROGRAM SCHEDULE

JULY – DECEMBER 2023 cont.

MANAGING PAIN

CANBERRA

Wednesday 18th & Thursday 19th October |

9:30am – 4:30pm

2 days

BEATING THE BLUES

CANBERRA

Wednesday 25th October & Wednesday 1st November |

9:30am – 3:30pm

2 days

STEPPING OUT

WAGGA WAGGA

Thursday 26th & Friday 27th October |

9:30am – 4:30pm

2 days

DOING ANGER DIFFERENTLY

CANBERRA

Wednesday 15th & Thursday 16th November | 9:30am – 4:30pm

2 days

BUILDING BETTER RELATIONSHIPS

WAGGA WAGGA

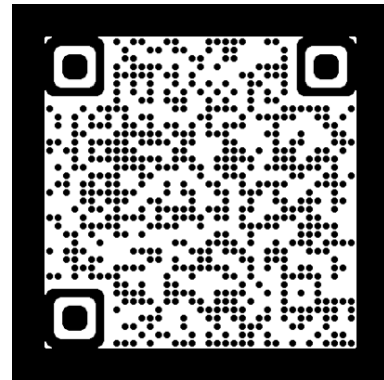
Thursday 23rd & Friday 24th November |

9:30am – 4:30pm

2 days

ONLINE GROUP PROGRAMS NATIONAL

View the website for upcoming dates



<https://www.openarms.gov.au/get-support/programs-workshops/upcoming>

In addition to the above face-to-face groups, Open Arms also provides a range of educational online training and workshops. These groups are scheduled on demand. To register your interest and for the most up to date information visit: <https://www.openarms.gov.au/get-support/treatment-programs-and-workshops>

OPEN
Veterans & Families
Counselling
ARMS

1800 011 046
OpenArms.gov.au



BEATING THE BLUES

A skills-based group program to help understand the situations and thinking patterns that contribute to depression, and identify strategies to help manage symptoms.

BUILDING BETTER RELATIONSHIPS

Building better relationships can help you rediscover what's important in your relationship, and rebuild a relationship with your partner.

DOING ANGER DIFFERENTLY

Doing anger differently will help you to understand anger and manage it more effectively, so that it doesn't have a negative impact on your own, or others' lives.

MANAGING PAIN

This program will help you learn about pain and teaches you strategies and skills for effective pain management.

MENTAL HEALTH FIRST AID

Mental Health First Aid is a two day workshop that teaches practical skills for helping a family member or friend who is experiencing mental health problems.

OPERATION LIFE: ASIST

The two day workshop aims to help you see, hear and respond to suicide signals. Preparing you to work with people at risk, increase their immediate safety and to get further help.

OPERATION LIFE: SAFETALK

In the safeTALK half day workshop you will learn how to become more alert to suicide prevention opportunities, and how to offer help.

PARENTING PROGRAMS

Parenting programs are tailored to the needs of attending veteran families, to help build strong and positive relationships between parents and their children.

RECOVERY FROM TRAUMA

This program will help you to understand the possible impact of trauma, and teaches you strategies and skills to help you to manage its impact on you and your family.

RELAXATION AND STRESS MANAGEMENT

Relaxation and stress management provides practical skills that can be used in everyday life to de-stress via mindfulness techniques.

RESIDENTIAL LIFESTYLE PROGRAM

The Residential lifestyle management program is designed for veterans and their partners who want to enhance their wellbeing and relationships.

SLEEPING BETTER

Sleeping better is an educational and skills-based group program to help you manage disturbed sleep.

STEPPING OUT

A two day program for ADF members and their partners who are about to, or have recently separated from the military.

UNDERSTANDING ANXIETY

This program will help you to understand anxiety and teaches you strategies and skills to reduce anxiety and associated stress.

Health & Wellbeing Update June/July 2023



2023 INTERNATIONAL MEN'S HEALTH WEEK

#menshealthweek

The theme of Men's Health Week 2023 is **Healthy Habits** - focusing on encouraging men and boys to build healthy habits by identifying small changes they can make that benefit their health and wellbeing.

In Australia, Men's Health Week provides a platform for challenging and debating key issues in men's health and to raise the profile of men, their health outcomes and health needs around the country each June.

What are you doing to recognise, celebrate and create opportunity for men in your community to create some healthy habit changes? If you have an event that engages men during men's health week, why not register and [List your event - AMHF - Australian Men's Health Forum](#).

For more information about Men's Health Week go to [Men's Health Week | 2023 \(westernsydney.edu.au\)](#) or [Getting into the habit of Men's Health Week 2023 - AMHF - Australian Men's Health Forum](#)

What is a habit?

A habit is something that is routine to you and that you repeat, often without knowing it.

Good habits include:

- healthy diet and exercise
- healthy sleep habits
- healthy relationships
- assertive communication
- work-life balance
- time management
- stress management

relaxation and mindfulness

For more information about good habits and how to create them go to [Creating healthy habits | healthdirect](#)



Free 12 Month Health and Fitness Program

- Returned Veterans, Peacekeepers & ADF Firefighter Scheme -

Registrations open

The Heart Health Program is fully funded by the DVA and aims to help you increase your physical health and general wellbeing through 12 months of practical exercise support and advice on healthy lifestyle information. The program's goal is to guide and assist participants in establishing positive and lifelong change leading to a healthier and more active lifestyle.

Group or individual programs available.



Am I eligible?

Started over 20 years ago for those returned from Vietnam, the Heart Health Program is free and open to all veterans with operational service, peacekeepers and those covered under the ADF firefighters scheme who have not previously participated in the Heart Health Program before.

To check your eligibility visit

<http://www.veteranshearthealth.com.au/eligibility>



How it works: Heart Health Program

The program runs for 12 months and includes regular physical activity sessions as part of a group of other eligible veterans, or if participating as an individual, a program provided exercise resource that provides you with the opportunity to increase or compliment your current level of activity plus the delivery of 12 healthy lifestyle education seminars or modules.

The program encourages a safe environment to allow all participants to improve their health and fitness at their own pace.

The program covers a range of topics including:

- Setting healthy goals
- Nutrition and diet advice
- Advice on lowering alcohol consumption
- Developing better sleep patterns
- Stress management
- Managing diabetes
- Taking care of your body
- Managing your weight
- Maintaining a healthy heart

Heart Health Program – Flexible Delivery

The program is offered in two formats. The Group Heart Health Program or the individual Heart Health Program. The program caters for all age groups, genders and levels of fitness and or mobility.

You may want to:

- Improve your general fitness
- Improve your knowledge on health and wellbeing
- Improve your social connections with other likeminded veterans



Registering Your Interest

Registering your interest or checking eligibility is easy.

Visit <http://www.veteranshearthealth.com.au/eligibility> and follow the steps.

Call the program phone number 1300 248 282 at any time to speak to one of our team.

Heart Health Team – DVA Heart Health Program

Program proudly delivered on behalf of the DVA by:
CHM Corporate Health Management Pty Ltd
Toorak Place, 521 - 529 Toorak Road, Toorak VIC 3142
Direct: 1300 248 282
Email: hearthealth@chm.com.au
Web: <http://www.veteranshearthealth.com.au>



**COFFEE CATCH UP
EVERY FRIDAY 10-12**

Members and guests are welcome to join us for a chat and enjoy freshly brewed coffee & cake with former service mates. Every Friday from 10 to 12 in The Corey Room, Level 2A, of the Grant Cameron Community Centre, 27 Mulley Street, Holder.

The Eddison Day Club will continue to meet for a lunch each Friday at noon until we can once again meet at a reinvigorated Day Club.

Come and join us for lunch.



Contact Us

Give us a call for more information
or access to our services
RSL Woden Valley
Sub-Branch
14/27 Mulley Street
HOLDER ACT 2611

62851931

admin@rslwoden.org.au
Visit us on the web at
www.rslwoden.org.au

Office hours are
9am-3pm Mon-Fri

PS.

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